

Eggnog Shakes

Ingredients:

- 1-1/2 cup fat-free, sugar-free vanilla ice cream
- 1/2 cup fat-free milk
- 1 tablespoon fat-free whipped topping
- Sugar substitute equivalent to 1/2 teaspoon sugar
- 1/8 teaspoon rum extract
- 1/8 teaspoon brandy extract or vanilla extract
- Dash ground nutmeg



Directions: In a blender, combine the first six ingredients; cover and process until smooth. Pour into chilled glasses; sprinkle with nutmeg.

Yield: Makes 2 servings.

Nutrition information per serving (3/4 cup):

Calories: 163

Total Fat: 2g

Carbohydrates: 21g

Cholesterol: 9mg

Sodium: 109mg

Exchanges: 1 Starch, 1/2 Milk, 1/2 Fat

<http://fitnessandfreebies.com/holidays/christmas/christmas09a.html>